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WINNIPEG metro®

Tuesday, September 11, 2012

News worth sharing.

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WHEEL IS A TURNING

Demolition began Monday on the Norlyn Building, which housed iconic restaurant The Wagon Wheel. The building was sold as part of a deal that will see a hotel, called the ALT Hotel, take its place, along with boutique stores and a parkade. TYLER PEACOCK/FOR METRO

Attack is city's 21st homicide

Teen dead. Police say gang connections may have motivated assault

SHANE GIBSON
shane.gibson@metronews.ca

Winnipeg police are not ruling out the possibility of escalating gang violence after a young man with street-gang connections — left severely assaulted in the North End last week — died from his injuries over the weekend, becoming the city's 21st homicide of 2012.

"Certainly when you have individuals in conflict, and you're talking about potentially different street gangs … there's always that possibility that other things can happen and escalate," said Winnipeg police spokesperson Jason Michalyshen Monday. "That doesn't change what we have to do with regards (to) our commitment to this individual, to this family, as far as identifying who's responsible."

The 16-year-old victim was found in the 300 block of Aberdeen Avenue around 8 a.m. Sept. 4 after neighbours reported a serious assault.

The victim was taken to hospital in unstable condition, but died sometime Friday night or Saturday morning.

Family and friends identified the teen as Paris Bruce.

Michalyshen said investigators have not determined a motive and couldn't say whether a weapon had been used in the assault as autopsy results are still pending.

Police are not releasing the victim's name at the request of family.

Anyone who may have witnessed the assault or has information is asked to contact police at 204-986-7983 or CrimeStoppers at 204-786-TIPS.

Follow Shane Gibson on Twitter @tsgibson

No Pop Soda's yet

Popular coffeehouse closed for another month PAGE 3

Citizenship 'not for sale'

Jason Kenney's immigration fraud crackdown PAGE 4

Win one for Winnipeg

Goldeyes open series with their eyes on title PAGE 14

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Angus Reid poll

Half of Manitobans happy with Premier Selinger: Survey

Manitoba's Greg Selinger is the third-most popular premier in Canada.

With an approval rating of 48 per cent, Selinger falls behind only premiers Brad Wall (Saskatchewan, 66 per cent) and Alison Redford (Alberta, 55 per cent), according to an Angus Reid poll put out today.

Angus Reid polled 6,657 Canadian adults to get the results of the survey.

METRO

City report criticized

Massage parlours more likely sex parlours: Association

A City of Winnipeg report recommending the creation of a "holistic medical establishments" category was criticized on Monday, prompting committee members to delay its approval for 90 days.

George Fraser, executive director of the Massage Therapy Association of Manitoba, said he hopes city officials will now take the time to consult health associations about the use of the words "holistic" and "medical."

"Talk to more people. We're one group; there's a lot more people that need to be consulted," said Fraser, who spoke at the standing policy committee of downtown development meeting Monday morning.

Fraser also criticized the city's "massage parlour" category, saying that it demeans real massage therapists and causes confusion. He suggested the term "sex parlour" or "adult entertainment establishment" instead.

BERNICE PONTANILLA/METRO

Fire destroys home in Whyte Ridge

Winnipeg firefighters are investigating a blaze in the 100 block of Sigma Avenue that began at about 3 a.m. Monday. Flames burst through the roof and windows of the home. It appears no one was hurt in the fire. TYLER PEACOCK/METRO

Man charged. Mother of two killed in Perimeter accident

A man is facing charges after he drove against traffic on the south Perimeter Highway and slammed into a vehicle, killing the driver.

St. Pierre-Jolys RCMP said just before 4 a.m. Sunday morning, a 49-year-old man drove his 2006 Chevrolet pickup truck eastbound in the westbound lanes near St. Anne's Road. There, it collided head-on with a 2001 Buick Century.

The driver of the Buick, a 21-year-old woman from Morden, Man., was pronounced dead in hospital. Her companion, a 23-year-old man, is in critical condition.

Family members identified the woman as Samantha Schlichting. She was reportedly the mother of two young children.

Samantha Schlichting
FACEBOOK

The 49-year-old man from the RM of Richot was not hurt.

RCMP said alcohol played a role in the collision.

David Delisle, of Grande Pointe, Man., has been charged with drunk driving causing death, drunk driving causing bodily harm, refusing to provide a breath sample and marijuana possession. He is scheduled to make a court appearance Monday. METRO

Structural damage delays Pop Soda's reopening

Crash fallout. Arts group hoping to return to store once repairs complete

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A Portage Avenue coffeehouse damaged this summer when a vehicle drove into it won't be open for another month, its owners say.

Last week, Pop Soda's Coffeehouse and Gallery announced via its Facebook page that it was looking at another four to five weeks of renovations "due to the amount of structural damage" resulting from the crash, which took place at about 3 a.m. on Aug. 5.

Hilori Thompson, who ran her That's What She Said fibre arts group out of Pop Soda's on Thursdays up until the crash, said the dozen members of her group are all disappointed.

"Pop Soda's is just such a great place for us all to get together. We are really looking forward to when it's open to public again," said Thompson, whose group knits, crafts and chats during their gatherings. "Attendance to our group has been pretty sporadic given other locations are not nearly as accommodating to everyone."

Thompson said her group has had to resort to meeting at different people's homes, which has proved difficult.

"Pop Soda's is central and it's easy to get there on any bus route," said Thompson, adding her members "live all over the city, so for us to come to one place where we have nice seats and decent lighting is great."

The group hopes to return to Pop Soda's once repairs are complete.

For now, Thompson said she's most worried about the financial well-being of the popular coffeehouse, which has also hosted musical acts and art shows.

Pop Soda's Coffeehouse and Gallery is facing another month of renovations before it opens again. BERNICE PONTANILLA/METRO

"We're all pretty concerned that Pop's has missed out on a lot of summer retail, and we hope that their insurance covers some of the revenue that they normally would have had," added Thompson. "I personally really miss the great food. I'll just have to be patient."

Follow Bernice Pontanilla on Twitter @MetroBee

SMEN

Mobile news

Brave (or perhaps silly) tourists fearlessly tease tigers up close at a Thailand sanctuary. Scan the code to watch the video.

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Feds planning to revoke citizenship of applicant cheats

Immigration fraud.
Minister Jason Kenney looking to introduce amendments to the Citizenship Act as part of multi-year crackdown

Jason Kenney THE CANADIAN PRESS

The federal government plans to revoke the Canadian citizenship of 3,100 people it says cheated on the process.

It's also looking at thousands of others who may have obtained or maintain permanent residence fraudulently.

Immigration Minister Jason Kenney says cheats will be stripped of citizenship and residence status.

Letters have been sent to more than 600 of the 3,100 or so people to start the process of revoking their citizenship. However, he says no one has yet lost their citizenship.

Kenney says that's because the process takes several years.

He says it's part of a multi-year crackdown on immigration fraud.

"Canadian citizenship is not for sale," he said.

"We will continue to take strong measures to combat the industry of crooked immigration agents here and abroad who seek to devalue Canadian citizenship by creating fake proof of residency and committing other forms of fraud."

So far, he says, federal agencies have removed or denied admittance to more than 600 former permanent residents linked to the fraud investigations.

They have denied about 500 citizenship applications where the applicants did not meet residence requirements, and almost 1,800 applicants linked to cheating have simply abandoned their citizenship applications.

Kenney also says he is planning to introduce amendments to the Citizenship Act that would require immigration consultants to be members of a regulatory body, which he says may help crack down on crooked agents.

THE CANADIAN PRESS

Against an oppressive regime

Iranian Canadians rally outside the Department of Foreign Affairs in Ottawa on Monday to support the Canadian government's decision to expel all Iranian diplomats from Ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

Cutting ties

More to leave Iran: Unofficial news agency

An Iranian semi-official news agency says Iran expects more countries to follow Canada's example and close their embassies in Tehran.

The Mehr news agency on Monday quoted Hasan Sobhaninia from Iran's influential parliament committee on national security and foreign policy as saying that there "is the possibility" of others making the same decision as Ottawa. THE ASSOCIATED PRESS

Nuclear threat

UN demands Iran's co-operation in investigation

The head of the UN nuclear agency, Yukiya Amano, made an unusually strong demand Monday for Iran to co-operate with an investigation into suspected secret work on nuclear weapons, expressing his frustration with the lack of headway in the probe.

Asked why there was no progress on the probe, Amano told reporters: "You'd better ask Iran."

THE ASSOCIATED PRESS

On demand. BCE to take on Netflix

BCE will launch a "made-in-Canada" competitor to Netflix, available in English and French, CEO George Cope said Monday as part of his pitch to broadcast regulators considering the company's $3.4-billion takeover of Astral Media.

The service would be available on demand and on any device, and showcase Canadian and international movies from Astral's pay TV services, such as HBO Canada and The Movie Network, as well as news, sports and entertainment content from Bell Media.

Cope said more than 10 per cent of Canadians subscribe to Netflix, but the service doesn't pay taxes in Canada and doesn't contribute to Canadian content. THE CANADIAN PRESS

Quoted

"The Canadian system needs companies with the scale to compete against foreign content companies like Netflix, Apple, Google and Amazon."

BCE CEO George Cope

Diners in Finland feast at 'pop-down' restaurant in mine

New spin on 'pop-up' dining. Underground restaurant fully booked until experiment ends later this month

Customers have dinner at the Muru 'pop-down' restaurant at Tytyri mine in Lohja, Finland, on Monday. ANTTI AIMO-KOIVISTO/THE ASSOCIATED PRESS

An award-winning chef is opening a new restaurant in Finland that turns the idea of "pop-up" eateries upside-down: It's located 80 metres underground.

Discerning food lovers are being served salted salmon, veal tenderloin, snails cooked in Pernod and apple crumble in the "pop-down" restaurant in a limestone mine in the small, southern town of Lohja.

A four-course evening meal costs 128 euros ($160 US), including drinks and transportation down to the mine and back up.

In major cities around the world "pop-up" restaurants — temporary eateries often located in underused kitchens — are allowing young chefs with experience to experiment without risk of bankruptcy.

But Finnish chef Timo Linnamaki said the idea of preparing food down a mine was all part of being close to the earth.

"'Pop-down' is such a unique idea that I just had to do it," Linnamaki said. "It's great working down here because you are totally cut off from the world, so nothing distracts from the cooking."

The 115-year-old mine goes down to a depth of 380 metres where limestone is still mined, mainly for the chemical industry. THE ASSOCIATED PRESS

Economic outlook

U.S. boost could lift economy

Canada's struggling economy will likely get a nudge from stimulus measures being adopted in major world economies, with the U.S. Federal Reserve likely to introduce measures on Thursday. THE CANADIAN PRESS

Tech toys

Toys R Us to offer tablet for tots

Toys R Us said Monday that it plans to launch its own tablet computer aimed at children called Tabeo, a low-priced entry into the increasingly crowded tablet business. THE ASSOCIATED PRESS

Market Minute

DOLLAR 102.30¢ (+0.07¢)

Natural gas: $2.81 US (+13¢)
Dow Jones: 13,254.29 (-52.35)

TSX 12,215.43 (-52.58)

OIL $96.54 US (+$0.12¢)

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LIKE MOTHER, LIKE DAUGHTER WHETHER YOU LIKE IT OR NOT

SHE SAYS...
Jessica Napier
metronews.ca

I inherited a number of things from my mother: blue eyes, receding gums, easily tanned skin and an appetite for early-morning cocktails. But while many of my genetic legacies are unavoidable, I've begun to notice that I'm instinctually — although perhaps not knowingly — adopting more and more of her mannerisms. As I get older, I'm starting to look and act like a new, 2.0 version of my mother.

Earlier this year, Hallmark Cards UK conducted a survey that found women believe they truly turn into their mothers at age 32. And sure, a study performed by a greeting card company might not be the most scientific poll of all time, but it seems pretty reasonable that the transition would happen around this age. For many women, our early thirties are a prime time for child bearing, rearing and realizing that maybe we should start using night cream.

Similar shopping standards

"We're no Lorelai and Rory Gilmore, but our tastes and habits are increasingly aligning. We drink the same wine, use the same shampoo, and, last month, we unknowingly went shopping on the same day and purchased identical suitcases for a family trip."

I've still got a few years until I hit that magical number. At that time, or more likely when I have children of my own, I assume the metamorphosis from my former self into mom will accelerate into Kafka-like proportions.

Unlike some people, I'm not one to make sweeping declarations about "NEVER turning into my mother." My mother has always been someone I have admired, so turning into her would hardly be a bad thing. However, I didn't quite realize how involuntary the transition would be.

We're no Lorelai and Rory Gilmore, but our tastes and habits are increasingly aligning. We drink the same wine, use the same shampoo, and, last month, we unknowingly went shopping on the same day and purchased identical suitcases for a family trip.

I hear her voice inside my head every time I philosophize about the importance of dressing in layers or tell my boyfriend to actually look in the fridge before asking me if we have any milk left.

I see it not only in myself, but in my friends as well. Kelly is turning into Kathy and Jen is turning into Janet and other Jen is turning into Jo Ann (yes these are real alliteration-loving mother/daughter combos). Of course, none of us are carbon copies of our mothers; we're more like fun-house mirror reflections.

My mother and I will always have our differences — she will always know more about stain removal than I care to learn and I will always have to help fix her Facebook privacy settings — but slowly we are meeting in the middle.

Sharon Osbourne and her daughter, Kelly, arrive at an Elton John AIDS Foundation Oscar Party held at Pacific Design Center in West Hollywood, Calif. in this file photo. FREDERICK M. BROWN/GETTY IMAGES

Om, that's a really old teacher

MICHELLE SIU/THE CANADIAN PRESS

Instructing yoga at 96

Canadian woman holds Guinness World Record

Ida Herbert, the 96-year-old yoga instructor who has been named the world's oldest living yoga teacher by Guinness World Records, poses for a photo in Toronto. She has been practising the ancient discipline since the late 1940s — well before it was a trend in Western society. THE CANADIAN PRESS

Practises everyday

"I wouldn't be without it. If I do my sun salutations, and I do two or three of those in the morning, I feel so much better. I go into the kitchen and get my breakfast and I don't give a hoot." Ida Herbert

Early-hour yogi

Yoga credited for her good health

Herbert attributes her good health and generally happy attitude largely to her years of practising yoga.

She rises at 5:30 a.m. to perform her poses and says her day isn't quite the same if she forgoes her routine.

Herbert got started practising yoga when she was at a health club in Toronto. One of the women who worked there taught her the poses — and she was hooked. THE CANADIAN PRESS

Teaching others the way

- Herbert helps other women find peacefulness. She retired last year from teaching at the YMCA in Orillia, Ont., after 25 years.
- She now teaches in the Bayshore Village area, near Orillia, with classes that range from five or six up to about 17 people per class.
- Her students tend to be women ranging in age from their 50s up to their 80s.

And why she stuck with it

"It's made me physically very flexible, and inside, it's made me look at circumstances in a peaceful way ... Things won't make me quite so angry as they used to."
Ida Herbert

Metropolitan Panel

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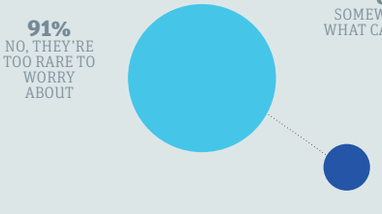

Twitter

@Treeducks: Winnipeg transit brags about bus service.. 1 hour bus stops, hundreds of places with no transit. How is this anything even remotely decent?

@ignite_mike: woke up this morning screaming "you always kick the field goal!" #ItWasntaDream #banjobowl #CFL #Winnipeg

@shelbymilfar: if greenday isn't coming to winnipeg on this tour ... #roadtrip

@cupedoll_500: #YouKnowItsMondayWhen you are already late when you realise you are at the wrong bus stop for the late bus. #Winnipeg

@stats_canada: 16% of people reported missing in Winnipeg, MB are later found driving in endless circles around Osborne Junction

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What makes a family?

The New Normal. Silly sitcom tackles some touchy topics — here Metro chats with its creator about some of the controversy

AMBER RAY
Metro World News in New York

The New Normal is a goofy, sweet sitcom that questions what "family" means today. The show, which deals with surrogate mothers, gay parents and a big-mouthed grandma who rivals Archie Bunker, has been met with some opposition south of the border.

The conservative group One Million Moms announced a boycott of the show and a ban from a Utah TV station. Here, creator Ryan Murphy addresses some of what has ruffled a few feathers.

Cast a (gasp!) Real Housewife in a scripted role

Murphy, a huge fan of the Real Housewives franchise, first cast NeNe Leakes on one of his other shows, Glee.

"We were in the writers' room of Glee, and we were writing a nemesis for Jane Lynch, and I said, 'You know what we need? We need somebody like this.' And I had seen NeNe on Housewives, and I had also seen her take down Star Jones on Celebrity Apprentice. So we had watched that scene, and I said, 'Wow. I don't even know if NeNe wants to act, but we should talk to her and offer her this part,' which was Roz, that she did so well."

Murphy approached Leakes for the role of Rocky because "she's just hilarious," he adds.

Feature a close-minded, no-filter grandma

Nana Jane is a throwback to Archie Bunker — she says shocking, politically incorrect things and isn't bothered if she offends someone. "(The New Normal) in many ways is about tolerance, and I think it's about a discussion of tolerance," Murphy says.

"When I was growing up, one of the most memorable times that I would have with my parents was watching All in the Family and being young and hearing people talk that way and then having a discussion: 'Was that good? Was that bad? What was that?' I think people will talk about some things that the (New Normal) characters say, obviously, but I think that's a good thing."

Call 'unconventional' families 'normal'

There is no traditional nuclear family in The New Normal, and Murphy credits shows like Modern Family and Will & Grace, which both featured gay characters in committed relationships, for paving the way for his show to reach the air. "So many people watched those shows and are educated. Those shows changed views," he says.

And while The New Normal is loosely based on Murphy's own life — "the show came about because my partner and I have been having conversations about surrogacy," he says — the sitcom also delves into every character reexamining his or her life and asking, "What's next?"

"We talked about what it was like to be a single mother with a young daughter, what is it like to be a woman in your 50s who is completely starting over and dating again," Murphy says of Goldie and Jane.

The controversy metre

- 'Challenge' the idea of conventional family
- No-filter grandma
- Real Housewife actress

The plot

Single mom Goldie (Georgia King) moves to L.A. with her eight-year-old daughter (Bebe Wood) for a better life. There, Goldie becomes the surrogate for a gay couple, Bryan (Andrew Rannells) and David (Justin Bartha), who want to have a baby. Ellen Barkin stars as Goldie's outspoken, prejudiced grandmother, Jane, and NeNe Leakes plays Bryan's assistant, Rocky.

- **Air times.** The pilot episode of The New Normal aired last night on CTV. Another episode of the show airs tonight.

SCENE 2

On the web

George Michael makes pop history at Paris Opera concert.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A sneaky wedding for Reynolds and Lively

THE WORD
Monica Weymouth
scene@metronews.ca

Usually, people as famous as Ryan Reynolds and Blake Lively can't go grocery shopping without us snooping around their carts. But somehow, the impossibly pretty couple planned and executed an entire wedding over the weekend without us so much as getting a whiff of cake. (Our guess: They killed off the rare caterer who wasn't hypnotized by their sparkling eyes.)

On Sunday, Reynolds, 35, and Lively, 25, tied the knot just outside of Charleston, S.C. A number of details have finally trickled in — the Reynolds trance doesn't last forever — and it seems they had the kind of understated wedding that really works best when you're overly wealthy: A simple white gown (by Chanel), an outdoor reception (at an antebellum plantation) and music by close friends (Bette Midler and Florence Welsh of Florence + The Machine).

It's the second time down the aisle for Reynolds — who divorced Scarlett Johansson in 2010 after two years of marriage — and the first for Lively, who, not to be outdone, briefly dated Leonardo DiCaprio last fall.

Now, we're usually a pretty cynical bunch over here, but we think these two have a real chance. Until those Beckham kids grow up, it's impossible they'll find someone with more perfect bone structure.

Did a political rally ignite this former flame?

Scarlett Johansson turned heads at the Democratic National Convention when she held hands and acted affectionate with former flame Jared Leto, but her rep insists there's nothing fishy going on.

"Scarlett is still dating Nate [Naylor]," her rep says, according to Us Weekly. "This is very innocent. Scarlett and Jared have remained friends, nothing more, nothing less. Let's concentrate on the DNC and her speech, which is exponentially more important." Johansson had addressed the convention earlier in the evening, preceding the speech by President Barack Obama.

Don't believe the hype?

"This is very innocent. Scarlett and Jared have remained friends, nothing more, nothing less."
Rep for Scarlett Johansson

Scarlett Johansson, Jared Leto ALL PHOTOS GETTY IMAGES

Miley Cyrus

Scissor scare for Cyrus

An unidentified man wielding a pair of scissors reportedly tried to force his way in Miley Cyrus' Los Angeles-area home late at night over the weekend, according to the Associated Press. Luckily, Cyrus wasn't home at the time the man attempted entry, claiming to be a friend of the singer and actress. Police were called by employees inside the house and arrested the man after spotting him jumping behind bushes on the property.

Kristen Stewart

'We're going to be fine': Stewart on soured relationship

Kristen Stewart will be side-by-side with estranged boyfriend Robert Pattinson to promote the final Twilight film soon, and she swears she isn't stressing out about it. "We're going to be fine. We're going to be totally fine," she tells the Associated Press. We certainly hope they will be, as the studio behind the film is reportedly planning to break records for the largest Hollywood premiere in history for the film's November release.

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Liberty walks it off

Liberty Ross

Liberty Ross, who has been estranged from husband Rupert Sanders since news of his affair with Kristen Stewart came to light, made her first public appearance over the weekend by walking the catwalk at Alexander Wang's New York Fashion Week show. And it was no easy feat for the model and mother of two. "I was totally terrified," Ross tells the Cut. "I hadn't actually been out of my house for seven weeks so I was really anxious. But it felt amazing."

Twitter

@kirstiealley
Oh my God!!! All my old drafts just unloaded..so sorry..and some I never wrote..have I been hacked?!

@andersoncooper
When I reach 3M Twitter followers, my talk show will give a trip to NYC to one of my followers.

@ladygaga
#IfObamaDontWin i say we try to build a new planet and all go live there

@SethMacFarlane
A good rule of thumb is to never be in Liam Neeson's movie family.

Are you punk? Hippie? Goth? How your hair will define you

Beauty. Punk=rebel, dreads=hippie, tight bun=uptight. Does our hair define who we are? Experts discuss with Metro

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When former Disney star Miley Cyrus chopped off her locks last month in favour of a shorter, grungier 'do, she tweeted: "I've never felt more 'me' in my whole life." This led us to wonder, can our hair shape who we are? Here are five ways in which it can.

It adds to your aura. Just ask a guy.

"Many of us believe our figure is the physical feature that defines us. In reality, anything from the neck up is what people see first and remember most," explains beauty psychologist Vivian Diller. "We have a reaction to someone within the first seven seconds of meeting them. As our mind processes what we see, that person's hair becomes a non-verbal expression of health."

Good-bad hair days influence your day-to-day mood swings

"Your body shape can take years to change. Your facial structure is more or less as it is and although you can play around with cosmetics to highlight different things, there's not a whole lot you can do. Hair on the other hand, is one of the few things that's easy to change," Art Markman, professor of psychology at the University of Texas, tells Metro. "You exert this tremendous amount of control over it and in a very short period of time, you can completely change your look."

The changeable nature of hair and its versatility explains how it can influence our mood, he adds.

"Every morning you wake up, look in the mirror and face yourself. At this moment, you have this instant sense of what kind of day you're having, just on the basis of your hair. If you feel like your hair is one big lump and that you'd love to be able to shave it off and burn it, you end up feeling like this tangled mass of hair."

It's a cheap way of making a statement

Feel like dip dying the tips of your hair pink? All you need is a DIY dye kit.

"We have a limited number of ways in which we can project ourselves to the world. Cutting or styling our hair a certain way is both a dramatic thing we can do and relatively speaking, an inexpensive one," explains Markman. "You can try and make a statement by changing the way you dress but revamping your wardrobe isn't cheap. A high-end haircut is always going to be cheaper than redoing your wardrobe," he points out.

Quote

"People generally take 'all' of you in, what wear, your smile, whether your eyes are bright and shiny. But they're also unconsciously clocking your hair and that can influence the way they treat you."

Art Markman
Psychologist

It's an enabler of change (you can believe in)

Your hair can influence how people perceive you, but it can also change your perception of yourself. Diller calls this the feedback loop.

"Change doesn't have to come from the inside. When you look in the mirror, what it is you see feeds back information about who you are and how you feel about yourself. If you have this fantasy of being a completely different you, then changing your hair can enable this change, because ultimately, you are changing what you see. If a haircut makes you look bolder or younger, that's how you will eventually feel. Only then do you need to change how you feel inside, in order to match what you — and others — see."

It allows you to exert control over your life

So many aspects of your appearance are out of your control.

"You wake up in the morning with a huge pimple on your face. You didn't choose to wake up to spotty skin but you have to deal with it. But your hair — that's more or less under your control," says Markman. "You can walk into a stylist and say, 'cut it.'"

According to Markman, the value of our hair rests on the basis that we all need a few things in our life that are 100 per cent ours.

"So many things in our lives are out of our control. We're constantly trying to manage all the forces that are working against us. But no one can tell you what to do with your hair. It belongs to nobody but you.

"This explains why times when people make significant changes in their hair often reflect a situation where the rest of their life felt out of their control, such as a messy divorce or a shift in career. It can also be that after a long period of time where they have let themselves go, they are once again seizing control."

Remember: you can always change what it is you see in the mirror.

Up and Down

HAIR UP

People who wear their hair up tend to be more in control of things and like their life to be perfect. Women (and occasionally, men) wearing this style (a tight bun or high ponytail) often come across as less accessible.

HAIR DOWN

People that let their hair down are instantly thought of as freer souls. You appear more expressive and relaxed, making you more open to meeting new people.

Top three influential haircuts

1 David Beckham's...

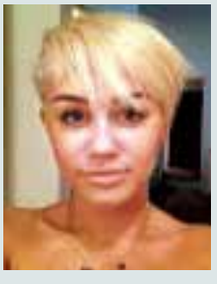
...Mohican proved macho men too, could go wild with their hair.

2 Emma Watson's...

...pixie cut has become the most influential celebrity do, beating Jennifer Aniston's Rachel.

3 Miley Cyrus'...

...cropped and blonde '80s style cut shows that you can be both pretty and punk.



On the Web

Taking a 'drug holiday' can cut side effects for some prostate cancer patients

How to deal with an anniversary of your loss

Coping with grief. Waves of intense emotions are common and there are ways you can prepare for and recover from them

CELIA MILNE
life@metronews.ca

Visitors and tourists are photographing roses that were left at the September 11 Memorial. ISTOCK IMAGES

Unhappy anniversary. How do you deal with a date signifying loss?

Whether it's a day of collective grieving such as 9-11 or another day of loss, many people have tough anniversaries on the calendar.

Metro spoke to Toronto psychologist Dr. Kimberly Watson about how to deal with days that mark a disaster, a war, the death of a loved one, a bad diagnosis, an injury, a relationship loss, or a miscarriage.

"Grief has been described to me like coming in waves," says Watson. "With time, the waves come less frequently and less intensely."

Anniversaries may bring back waves of intensified grief.

"People might worry they are not 'over' their grief as much as they had thought. What they may come to understand is that these periodic increases in grief, in response to reminders such as anniversary dates, are a normal part of the process of recovering from loss."

Reactions to an unhappy anniversary might include sadness, sleep disturbance, anger, irritability, dreams, loss of appetite, headaches, and preoccupation with thoughts and memories of the events surrounding the loss.

How do you cope? Watson recommends making a plan to get through the day. Honour the loss and feel your feelings.

"It is normal to feel increased distress. It is also normal to smile or laugh. Allow all of it," she says.

Tips

Here are some of Dr. Watson's tips on marking a day of loss:

- **Tip #1.** Light a candle in honour of the loss.
- **Tip #2.** Gather with friends and family and tell stories.
- **Tip #3.** Talk or write about what you miss.
- **Tip #4.** Spend time looking at home videos or photo albums.

Quote

Do something that symbolically reflects transition

- **Tip #5.** Pray or meditate.
- **Tip #6.** Do something that symbolically reflects transition and letting go, such as writing and then burning a letter, or releasing a balloon into the air.
- **Tip #7.** Spend time at a special location.
- **Tip #8.** Do something that symbolically reflects new life, such as planting a tree.
- **Tip #9.** Cultivate a legacy for the loss, such as volunteering for a charity.
- **Tip #10.** Maintain a regular schedule of sleep, exercise and eating nutritious.

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50 SHADES OF RELATIONSHIPS

THERE ARE MANY LESSONS TO BE LEARNED FOR POST-SECONDARY STUDENTS

ISTOCKPHOTO/THINKSTOCK

Living in a new city. The availability of alcohol. Managing life's responsibilities such as cooking and laundry solo.

Those are some of the expected challenges students are working with when starting college or university. But for almost all them, developing relationships and sexuality is another, possibly tougher, lesson to learn about in their post-secondary years.

"The overarching challenge is navigating all kinds of new relationships, which are formed quickly and in an entirely new environment," says Robin R. Milhausen, associate professor with the University of Guelph's Department of Family Relations and Applied Nutrition.

"So negotiating: What does dating look like? What do relationships look like? It's figuring it all out in an entirely new setting."

SEXUAL BOUNDARIES

And in a year where the erotic novel Fifty Shades of Grey is everywhere, boundary setting is clearly important in developing these new sexual relationships. "People have sex for countless reasons, including pleasure, popularity, coping, pleasing a partner, and the list goes on," says Alice Balter, a Toronto-based sexual health educator. "It's important to explore what our personal sexual boundaries and limits are, especially within the context of a new-found freedom such as living away from home for the first time. Exploring our sexuality warrants thoughtful navigation for students to stay within their personal boundaries and limits."

ADD IN ALCOHOL

And while universities and post-secondary institutions are working on eliminating or minimizing alcohol — particularly in frosh week events (Nova Scotia's Acadia University made headlines last week for banning alcohol in dorm rooms) — when it is available, alcohol also often ignites new sexual experiences. "Individuals should be wary that sexual relationships can develop really quickly under the influence of alcohol. And then there are the emotional concerns and heartbreak with that, but also legal issues regarding sexual encounters with someone under the influence of alcohol or drugs," notes Milhausen.

PLAY IT SAFE

So how can students navigate this exciting time in their lives from a sexual standpoint? Aside from practising safe sex by using protection, go with your instincts. "If something about a situation seems off to you, if something about a person or an invitation or request seems off, then trust your gut in deciding," suggests Milhausen.

Also — rest assured parents — Milhausen also notes that while many students let off steam early in the year, things do get better. "Most students tend to go a little wild at the outset — most of them also tend to right themselves before things go too far," she says.

– Astrid Van Den Broek

Did you get "it" yet?
Don't let "it" be HPV.
Let "it" be knowledge, screening & vaccination.
Avez-vous déjà eu « cela »?
« Cela » n'a pas à être le VPH.
Pour éviter « cela », vaut mieux se renseigner, se faire dépister et se faire vacciner.
Spread the word not the disease
hpvinfo.ca
THE SOCIETY OF OBSTETRICIANS AND GYNAECOLOGISTS OF CANADA
LA SOCIÉTÉ DES OBSTÉTRICIENS ET GYNÉCOLOGUES DU CANADA
infovph.ca
Passez le message pas le virus

Pineapples and coconut sauce: Tropical take on scallop stir-fry

ROSE REISMAN
for more, visit
rosereisman.com

I prefer buying large scallops for a stir-fry. The key is to not overcook them, or they become dry and chewy.

Make sure to buy light coconut milk, which is much healthier for you than regular coconut milk. Serve over rice or noodles.

1. Make the coconut hoisin sauce by whisking together the coconut milk, hoisin sauce, oyster sauce, peanut butter, cornstarch, garlic, ginger, chili sauce and brown sugar in a small bowl until smooth. Set aside.

2. Lightly coat a nonstick grill pan (or wok) with cooking spray and set over medium-high heat. Add the scallops and sauté until the flesh is opaque and center is slightly translucent, about 3 minutes. Remove from the pan and set aside.

This stir-fry serves four. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

3. Steam or boil the broccoli for 2 minutes just until tender. Drain well. Respray the pan (or wok) and reduce the heat to medium. Add the broccoli and the red bell pepper and stir-fry for 2 minutes.

Ingredients

Sauce
- 1/2 cup light coconut milk
- 1/4 cup hoisin sauce
- 2 tbsp oyster sauce
- 1 tbsp natural peanut butter
- 1 tsp cornstarch
- 1 1/2 tsp chopped garlic
- 1 tsp finely chopped ginger
- 1 tsp hot chili sauce
- 1 tbsp brown sugar

Stir-fry
- 12 oz large scallops
- 1 1/2 cups chopped broccoli (including stems)
- 2 cups sliced red bell pepper
- 1/2 cup diced pineapple
- 1/4 cup chopped cilantro
- 3 tbsp chopped green onions

4. Add the sauce and scallops and stir-fry for another 2 minutes or until the sauce thickens and all the ingredients are heated through. Transfer to a serving platter and sprinkle with pineapple, cilantro and green onions.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

What you don't know about yogurt can hurt you

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

These days, all you hear about is probiotics. Do you really need them? Do they really affect your health? What happens if you don't have them and what the heck are they anyway?

Probiotics feed the good bacteria in your gut. Good bacteria in your gut breaks down food, synthesizes vitamins, stimulates immunity and kills bad germs. In short, they are crucial.

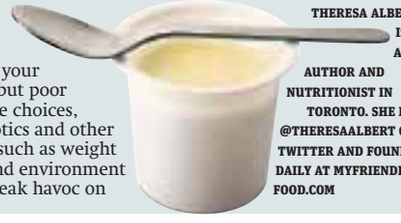
We are born with a set amount of good bacteria (thank your mom) but poor lifestyle choices, antibiotics and other issues such as weight gain and environment can wreak havoc on these life-sustaining belly buddies. Poor gut flora has been linked to everything from C. difficile to the metabolic syndrome. Trust me, you care.

One of the best ways to build good bacteria is to eat yogurt. The shelves are full of boasting brands.

Here is your cheat sheet of what to look for:

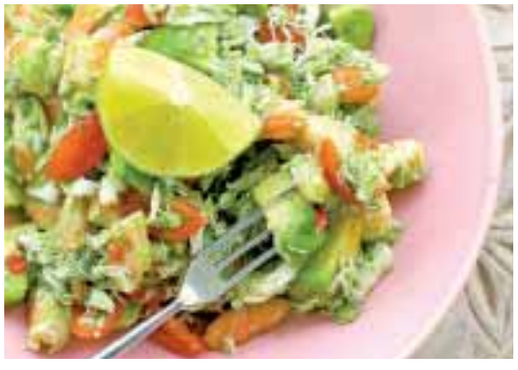
- Gelatin free
- No colourings or flavourings
- Only real fruit added
- As low in sugar as palatable to you
- As fortified in probiotic as high as possible (more than one billion if possible)

The most important key is to choose a flavour that will keep you interested and eating. It doesn't matter how healthy a food is, it won't do you any good sitting in the fridge.



THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Fresh. Summer Ceviche with Shrimp and Crab



1. In blender, combine lime juice, tomatillos, cilantro and kosher salt. Puree until smooth; set aside.

2. Cut each shrimp into 3 large chunks. Place shrimp in bowl, then pour lime juice mix over them. Mix well, then stir in crab. Cover and refrigerate 30 mins., mixing every 10 mins. to ensure flavours are well distributed.

3. Just before serving, mix in both chili peppers, tomatoes and avocado. Serve in individual bowls garnished with lime wedges. Sprinkle top with a pinch of fleur de sel and serve with tortilla chips on the side.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, GRILLING AND SOUTHERN FOODS EXPERT

Ingredients

- 1/2 cup lime juice
- 3 to 4 large fresh tomatillos, husks removed, washed
- 1 cup loosely packed fresh cilantro leaves
- 1/2 tsp kosher salt, plus more to taste
- 1 1/2 lbs cooked shrimp, shells and tails removed
- 1/2 lb of lump crabmeat
- 2 tsp minced each serrano pepper and habanero pepper
- 1 cup grape tomatoes, quartered
- 1 large avocado, peeled, pitted and diced
- Fleur de sel
- Lime wedges, to serve
- Tortilla chips, to serve

Wrap up grilling season with salmon and gazpacho dish

Salmon's richness always cries out for a little acid, even if it's nothing more than a squeeze of lemon. This recipe's gazpacho vinaigrette ups the ante. Gazpacho is a cold Spanish soup with many variations, but the basic recipe is a refreshing tomato-based vegetable soup. Here, add extra-virgin olive oil and sherry wine vinegar, thereby repurposing the soup into a chunky vinaigrette dressing.

1. Heat the grill to medium.

Ingredients

- 1/2 red bell pepper, diced
- 1/2 lb ripe tomatoes, diced
- 4-inch piece English cucumber, diced
- Kosher salt
- 1/2 clove garlic, smashed
- 1 tbsp sherry vinegar
- Ground black pepper
- 2 tbsp extra-virgin olive oil
- Four 6- to 8-oz pieces centre-cut salmon or arctic char fillets, skin on
- Olive oil, olive oil spray
- Chopped fresh herbs (such as basil, chives, tarragon, cilantro or parsley), to garnish

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

2. In a medium bowl, toss together the pepper, tomatoes, cucumber and half a teaspoon of salt. Mix well, then spoon half of the mixture into a blender.

3. To the blender, add the garlic, vinegar, a few grinds of pepper and the olive oil. Puree until smooth. Add the purée to the bowl of diced vegetables, stir well and season with salt and pepper.

4. Use paper towels to pat dry the salmon fillets. Spray the fillets all over with the olive oil spray, then sprinkle them with salt and pepper. Arrange the fillets, skin side down, on the grill grate over direct medium heat. Cover and cook until the flesh right next to the skin looks opaque, 6 to 7 minutes.

5. Flip the fillets and cook until just cooked through, another 2 to 3 minutes. Transfer the fish from the grill using a wide metal spatula.

6. To serve, divide the sauce between 4 shallow bowls, then set a piece of salmon over each, skin side up (you can easily peel off and discard the skin at this point, if desired). Garnish with chopped herbs, if desired.

THE ASSOCIATED PRESS

Educate your kids about money. Start young. Take time to show them that salmon costs more than a lemon. ISTOCK

ABC's of money can start as early as three

Never too early. Talk to your kids about money, add financial literacy to their learning and they will thank you later

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Summer is officially over and your children are heading back to day-care and school. Now is the perfect time to add financial literacy to their regular routine.

When North American adults were surveyed by CouponCabin.com in August, nearly 75 per cent of them wish they'd received more financial education when they were young. Instead, according to the BMO Retirement Institute's Approach to Retirement, many people learn about money through first-hand experiences (some good some bad) or upon the advice of friends and family members (some are qualified while others are not).

Good thing, nearly 80 per cent of parents these days are motivated to pass along smart money management skills to their children.

Don't worry if you're not financially savvy like Warren Buffett. Talking to your children about money is easy and, in fact, you can start as early as three years old.

Toddlers can learn money basics, like what it looks like and how it feels, by showing them coins and providing a small piggy bank to play with. This is also a great opportunity to teach your children a little bit about numbers; like how four is larger than two and what numbers look like when they're written out. Spend time counting coins with them and perhaps make a craft out of your penny collection.

Take your kids to the grocery store and explain what prices mean and the difference between an expensive item, like a piece of salmon, versus the cost of a lemon. Allow them to pick out their favourite foods and read the prices with them. Show your children how coupons are used and explain why saving money is good for families.

When Junior is a bit older, describe what you're doing when you go to the bank or ATM machine. If you pay with a credit card versus cash, explain the difference between the two methods of payment. As early as five years old, put your children on a small allowance. These allowances are critical tools parents can use to demonstrate how to budget and prioritize a child's money. When linked to chores and tasks, allowances convey the lesson of the value of a dollar. Through an allowance, children can begin to demonstrate their OWN ability to plan ahead, use a budget and be accountable for their spending. This is also a great time to open up a bank account.

Follow Lesley on Twitter @LesleyScorgie

Let's talk about sex, baby

Poll. We interviewed 2,500 of you about your most intimate secrets. Here's what you revealed (we won't judge).

How often do you have sex?
Look at the person next to you. Wink. Today may be your lucky day: 45 per cent said they get busy weekly, which beat daily (eight per cent) and monthly (12 per cent) for the top spot. Only one per cent have sex yearly, and 12 per cent didn't know or said "it depends," but second place actually went to: "It's been too long since the last time" (17 per cent). Sorry folks. May we introduce you to some virgins (six per cent)?

What's your kink of choice?
You really enjoy your public displays of affection: An overwhelming 42 per cent of survey responders admitted to having sex outdoors or in public. And, while your parents might have told you not to play with your food, now that you're an adult you enjoy playing with your food ... in bed (21 per cent).

Three's never a crowd: 13 per cent of you have dabbled in a ménage à trois. (Are 13 per cent of you lying?)

About 14 per cent have tried the dominant game while 10 per cent have played the submissive, and an especially sexually adventurous four per cent of you have tried on some S&M gear. Playing with candles (four per cent) didn't light your fire as much as playing with butt plugs (nine per cent). And, a select few of you (four per cent) have a few sexy secrets that weren't even mentioned.

Note to the 34 per cent of you who said you weren't kinky: Experiment. If butt plugs are too adventurous, maybe try food in bed — you probably eat there anyway.

What kind of erotica do you enjoy?
About a quarter (27 per cent of you) don't need outside materials to turn you on. But, when it comes to your sexual media, the majority of you head online. Forty-five per cent get excited from videos and web clips, with a small portion of responders preferring to watch sex acts live (four per cent).

Erotic fiction tickles the fancy for 15 per cent, while two per cent of you are hanging on the telephone. About seven per cent of you are lovers of the arts — pornographic photography art, that is.

Stat

22% want to see Batman and Catwoman get it on..

Why is Fifty Shades of Grey such a big deal?
For the majority of you (10 per cent), you felt the most appealing part of reading the Fifty Shades series was the fact that reading about sex is empowering. However, a lot of you also believed the books had people hooked because it made submissive fantasies more mainstream (eight per cent).

Five percent couldn't ignore that the books' popularity was probably due to the connection to Twilight, while six per cent felt the fantasy series' basis in reality was what made so many people read it.

Three per cent felt that the reason Fifty Shades was so popular was because it was available on ebook to readers, allowing them to peruse steamy scenes anywhere from the four walls of their bedroom to wide-open public transportation.

What fictional characters do you want to see getting hot and heavy?
Light up the Bat-signal: 22 per cent of you want to see Batman and Catwoman get busy. But Marvel heroes Iron Man and Black Widow aren't that far behind (11 per cent). You weren't so interested in seeing Spider-man finally land Gwen Stacy (five per cent).

For you Hunger Games fantasy fiction fans, Katniss and Peeta (three per cent) beat out Katniss and Gale (two per cent). Oddly, Katniss/Gale tied with the desire to see Frodo and Gollum getting it on.

Maybe "Doing the Hobbit" will be the next big sex trend of 2012.

METRO WORLD NEWS

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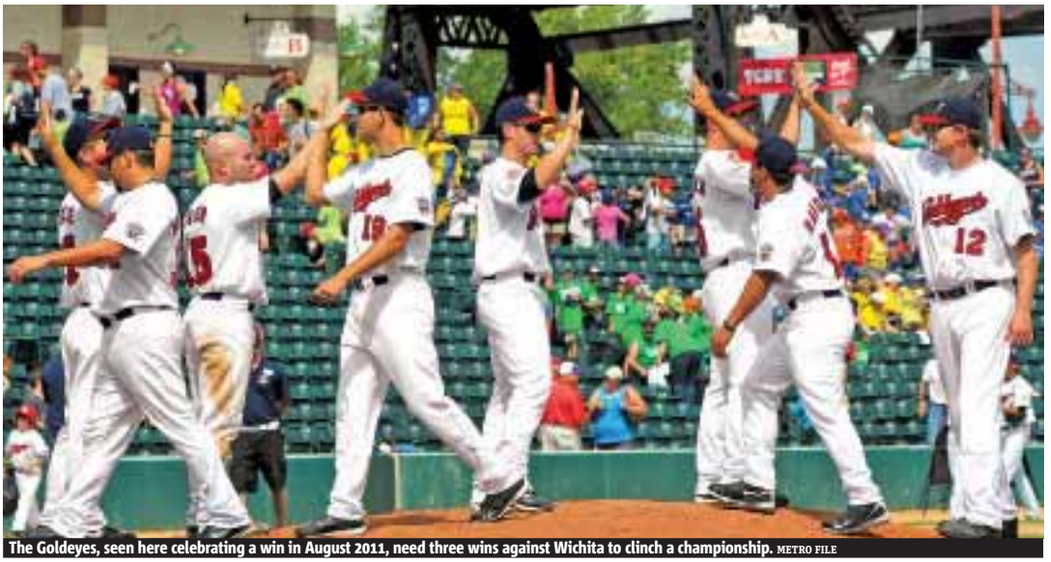
SPORTS 4



The Goldeyes, seen here celebrating a win in August 2011, need three wins against Wichita to clinch a championship. METRO FILE

'We're going to try to win one for Winnipeg'

Baseball. Goldeyes look to put end to city's championship drought in series vs. Wichita Wingnuts

DARRIN BAUMING
winnipeg@metronews.ca

This one is for all the marbles.

It's a sentiment Winnipeg sports fans aren't too familiar with in recent years.

Consider the championship drought this city has experienced over the last two decades; a few fruitless Grey Cup games for the Blue Bombers, a Calder Cup final appearance for the Moose in 2009, and a Northern League championship series showing for the Winnipeg Goldeyes back in 2003.

Frankly, it has been 18 years since any major Winnipeg-based sports franchise brought home the bacon. The Goldeyes won it all in their inaugural season when they played their games in Winnipeg (now Canad Inns) Stadium way back in 1994.

The Fish will once again have a chance to elate this city's sports faithful as they take on the Wichita Wingnuts in a best-of-five series for the 2012 American Association crown.

"We're going to try to win one for Winnipeg," said closer Brian Beuning who has provided lights out pitching for the Goldeyes. The 31-year-old Minnesota State Trooper, on leave from work before his baseball career comes to a close, has shut the door when called upon, allowing just two hits in his team's three playoff wins. Beuning earned the save in each.

"And win one for Ace (Walker), he's been here five years. Win one for Baldy (Zach Baldwin), he's been here five years. And win one for Rick (Forney)," added Beuning.

Forney, the Goldeyes' manager since 2006, has put together some very good teams over his seven years as bench boss — only missing the post-season once. But last week's upset sweep of the regular-season champion Fargo-Moorhead RedHawks was the first playoff series victory for the Fish under Forney's watch.

Now that their North Division rivals are out of the way, the Goldeyes have their sights set on the Central Division champion Wichita Wingnuts, a team who they have had some success against. Winnipeg went 4-2 against the Wingnuts this season, winning both series 2-1 and outscoring them 33-23 along the way.

"It's going to be intense," said shortstop Price Kendall. "We all have a common goal. We just have to stay focused on that goal. Right now we're so close, there's really not much that can lead us astray."

Championship schedule

The Goldeyes and Wingnuts open the best-of-five championship series with two games in Winnipeg on Tuesday and Wednesday night.

- The series wraps up with the final three games down in Wichita, Kan., from Friday through Sunday, if necessary.

Tennis

Murray ends major drought at U.S. Open

His considerable lead, and a chance at history, slipping away, Andy Murray dug deep for stamina and mental strength, outlasting Novak Djokovic in a thrilling five-set U.S. Open final Monday.

It had been 76 years since a British man won a Grand Slam singles championship and, at least as far as Murray was concerned, it was well worth the wait.

Ending a nation's long drought, and snapping his own four-final skid in majors, Murray finally pulled through with everything at stake on a Grand Slam stage, shrugging off defending champion Djokovic's comeback bid to win 7-6 (10), 7-5, 2-6, 3-6, 6-2.

"Novak is so, so strong. He fights until the end in every single match," Murray said. "I don't know how I managed to come through in the end."

Murray versus Djokovic was a test of will as much as skill, lasting four hours and 54 minutes, tying the record for longest U.S. Open final. The first-set tiebreaker's 22 points set a tournament mark. They repeatedly produced fantastic, tales-in-themselves points, lasting 10, 20, 30, even 55 — yes, 55! — strokes, counting the serve.

THE ASSOCIATED PRESS

Andy Murray reacts after winning the U.S. Open final. MICHAEL HEIMAN/GETTY IMAGES

Mobile sports

"What a golden summer it has been for our country," British Prime Minister David Cameron said on Monday. Indeed, London held one final parade a day after the end of the Paralympics to celebrate a sporting summer for the ages.

NHL. Lockout looming with less than week to go

The wheels have already been set in motion.

As the NHL enters the final days under its collective bargaining agreement, both the owners and players have meetings scheduled in New York City where they'll discuss an impending lockout. But unless the sides can find a way to get back to the bargaining table and hammer out an unlikely deal before 11:59 p.m. ET on Saturday, it's a mere formality.

In fact, commissioner Gary Bettman won't even have to make the case for a lockout when the Board of Governors gathers at a Times Square hotel on Thursday afternoon.

Rallying the players

The NHLPA is planning its largest gathering since 2005 with more than 250 players slated to attend Wednesday and Thursday.

"The commissioner doesn't need specific board authorization to institute or implement a lockout," deputy commissioner Bill Daly told The Canadian Press in a recent interview. "That has been granted already in connection with his authority to conduct collective bargaining." THE CANADIAN PRESS

Tennis

Raonic to take on Roddick in Toronto

Canada's Milos Raonic will make a rare appearance at home this fall.

The 21-year-old from Thornhill, Ont., will battle the recently-retired Andy Roddick in "The Face-Off," an exhibition Nov. 16 at the Air Canada Centre.

"I don't get to play in front of the home crowd very often," Raonic said in a release. "This event gives me the chance to play in front of my Toronto fans, friends and family while showcasing some of the all-time great players."

THE CANADIAN PRESS

NFL. Flacco, Reed lead Ravens to blowout win over Bengals in Baltimore

Joe Flacco threw for 299 yards and two touchdowns, Ed Reed took an interception 34 yards for a score, and the Baltimore Ravens beat the Cincinnati Bengals 44-13 on Monday night for their 11th straight win at home.

Baltimore's high-powered, no-huddle offence also produced two short touchdown runs by Ray Rice. After letting an early 14-point lead dwindle to 17-13, the Ravens pulled away by scoring 24 straight points in just over six minutes.

THE ASSOCIATED PRESS

Ravens running back Ray Rice scores a first-half touchdown on Monday night. GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
Decide where you want to be a month or a year from now and then start doing the things that will make it happen. Careful planning is the key to long-term success, so put on your thinking cap.

♉ Taurus
April 21 - May 21
Anything is possible. There are no limits to what you can do. The Sun and Mercury in sympathetic Virgo means that your attitude is right, and if your attitude is right then everything else will fall into place.

♊ Gemini
May 22 - June 21
You will have to make a few tough decisions today and you will find you really enjoy calling the shots. But don't let the power go to your head because you are too nice to play the tough guy for long.

♋ Cancer
June 22 - July 23
Someone who thinks they can put one over on you is going to discover that you are too sharp to be fooled. Turn the tables and use them to get what it is you most desire. They won't try to trick you again.

♌ Leo
July 24 - Aug. 23
You know the difference between right and wrong, and you know that if you don't speak up, you will always regret it. Don't pull your punches just because your target is someone in a position of power.

♍ Virgo
Aug. 24 - Sept. 23
You are in one of your faultfinding moods and will most likely pick apart everything that other people do. Don't be surprised to find yourself short of friends by the end of the day.

♎ Libra
Sept. 24 - Oct. 23
Try not to put yourself under pressure today. Both at home and at work you should aim to relax and not take anything too seriously. And find a way to turn off the constant chatter inside your head.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how much you might wish to spare someone's feelings, you must be honest with them. What you have to tell them might be a bit hurtful but better a bit of hurt now than a lot of hurt later.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't be afraid to lay down the law, either at home or at work. Others will respond well to your leadership qualities and will do whatever you say. Just make sure what you say is what you believe.

♑ Capricorn
Dec. 22 - Jan. 20
Put your ego to one side today and recognize that you don't know it all. It would be foolish to ignore what other people tell you just because you find it hard to accept. You still have much to learn.

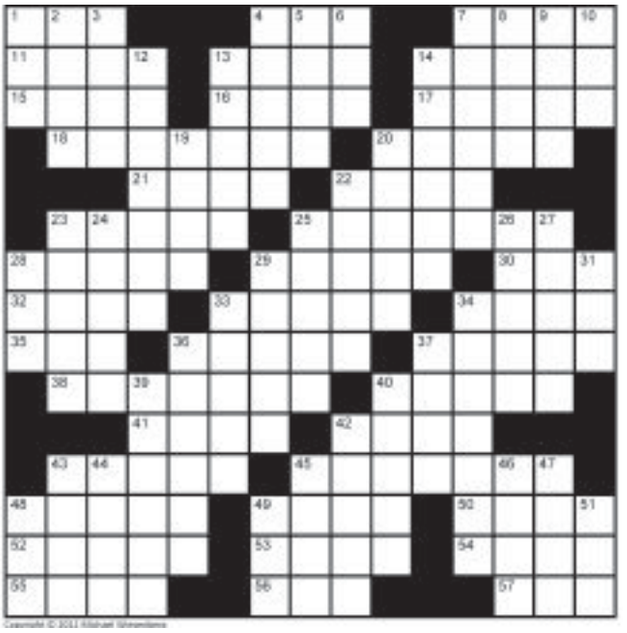
♒ Aquarius
Jan. 21 - Feb. 19
Think before you speak, speak before you act, and act only when you have to. Every time before you open your mouth today, ask yourself this question: Will my words hurt or will they heal?

♓ Pisces
Feb. 20 - March 20
Your life is perfect just as it is, so don't be tempted to change things for the sake of it. Both in your personal life and at work, the right opportunities will arrive at just the right time. Be ready for them.

SALLY BROMPTON

Crossword: Three Star Trek References

BY MICHAEL WIESENBERG



Across
1. Our country: abbr.
4. Simple bed
7. Become dim
11. Wide-eyed
13. Opposite of wild
14. Craze (from the Greek word for "madness")
15. Actual
16. Spoken
17. Before: Fr.
18. Montréal-born *Star Trek* star William
20. Feel about blindly
21. "I'm unable to do it"
22. Azerbaijan capital
23. Cathedral topper
25. Saskatchewan neighbor
28. Bird word
29. Acknowledged the playing of "O Canada"
30. Regret
32. Lion's bellow
33. Animal track
34. Beatnik residences
35. Rainbow shape
36. "___ behold!" (2 wds.)
37. North York, Ontario-born Mandel of *Deal or No Deal*
38. Football side that doesn't have the ball
40. Shed feathers
41. Anger
42. Boxing match
43. They become alumni and alumnae, familiarly
45. PM Wilfrid
48. ___ Jaw, Saskatchewan
49. Bronzes at the beach
50. Hammerer's target
52. Go into
53. Bride, after the vows
54. Thus
55. Crystal ball gazer
56. Dog's bark
57. Henpeck

Down
1. Windsor, Ontario product
2. Mellows, as wine
3. Biblical ark builder
4. ^ symbol
5. *Rubaiyat* poet Khayyam, actor Sharif, or *House* actor Epps
6. ___ Aviv, Israel
7. "Do me a ___ and let me have $100 till payday"
8. Take ___: sleep briefly (2 wds.)
9. Sup
10. Consume
12. BC's ___ National Park, in the Rockies near Revelstoke
13. 1,000 kg
14. Like cards in a crooked deck
19. Fruit pastry
20. Eva, Magda, or Zsa Zsa
22. *True* ___: HBO vampire series
23. King Arthur's Excalibur, for one
24. Lack of fighting
25. Make amends
26. Fish with a big net
27. Bad news for a taxpayer
28. ___ la la
29. "The Final Frontier"
31. 180° from WNW
33. ITunes downloads
34. Fries, cheese, and gravy dish
36. The Prime Minister, to Parliament and his country
37. Attorney's billing basis
39. Longest BC river
40. Cat's quarry
42. Alberta's third-largest but most-visited National Park
43. All used up
44. Memorization method
45. Animal abode
46. Deserve
47. Capital of Latvia
48. "___ amis": start of a French speech
49. Airline bought in 2001 by American
51. What a *Star Trek* captain keeps

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

8			4		5			6
	6		8		3		4	
		4				2		
		9	7		1	3		
7								4
		8	9		4	5		
		7				8		
	1		6		7		2	
5			3		9			1

Yesterday's Sudoku

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 17° MIN: 14°	MAX: 19° MIN: 6°	MAX: 17° MIN: 9°

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